

What is Tai Chi?

Tai chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life.

Tai chi can be done almost anywhere and is suitable for individuals at all fitness levels.



Why Tai Chi for Arthritis?

Tai Chi for Arthritis (TCA) is a program designed by Dr. Paul Lam, in conjunction with a team of medial experts and tai chi masters. Using the Sun style of tai chi, the TCA program is easy to learn, safe and effective.

Research indicates that participation in weekly, community-based tai chi classes can reduce falls in community-dwelling older adults and suggests TCA is an effective and sustainable public health intervention for falls prevention.

The Iowa Falls Prevention Coalition and Iowa departments of Aging and Health are working together to increase the number of evidence-based falls prevention tai chi classes offered across Iowa. To do so, ore certified TCA instructors are needed to provide classes throughout the state. Please consider joining us in the effort to decrease falls in Iowa and improve the overall health of our state by becoming a certified TCA instructor.

About Master Trainer Jim Starshak MS

Jim is a certified Tai Chi for Health Master Trainer, the inaugural Chair of the International Tai Chi for Health Institute (TRCHI) and the tai chi consultant for the American Academy of Health and Fitness. He earned his master's degree in Exercise Science & Health Promotion and is an Allied Health & Nursing adjunct professor at Kansas City Kansas Community College. Jim also provides continuing education for physical therapists, occupational therapists, ACSM professionals, nurses, athletic trainers, and health and fitness instructors.

Jim served with the U.S. Army Special Forces (Green Beret) for more than 22 years and is also trained as a CPR instructor a Certified Personal Trainer (NSCA-CPT), *D) and an IDEA Health and Fitness Association Elite Personal Fitness Trainer. In his spare time, Jim volunteers for TCHI, the Arthritis Foundation, and at many church and community events.

For more information, please contact Jim at:

The Home Gym
PO Box 3702
Shawnee, KS 66203
www.thehomegym.net

The Tai Chi for Health Institute is approved to provide CE hours for the American College of Sports Medicine (ACSM). These CE's are approved for ACSM-certified professionals and many medical and allied health care professionals. Certificates with CE hours for certain professional certification and licensure renewals are available for \$15 (to be paid at the workshop).



Tai Chi for Arthritis & Falls Prevention

Recertification Training

Conducted by Master Trainer
Jim Starshak, MS

March 27, 2017
Clive, Iowa

Continuing Education Credits Available

After this Tai Chi for Arthritis (TCA) Workshop, you will be able to:

- Demonstrate the Tai Chi set and its Warm Up and Cool-Down set
- Describe practical ways to integrate the Tai Chi Principles into existing interventions, exercises, and activities
- Summarize the characteristics of arthritis and research validating Tai Chi's benefits.
- Differentiate ways to safely modify Tai Chi movements for an individual's capabilities and limitations.
- Demonstrate how to teach Tai Chi or any therapeutic movements using the Stepwise Progressive Teaching Method.
- Describe ways to use sequenced Tai Chi movements to help improve physical and psychological functional performance.

To Receive your Instructor's Update Certificate you are to:

- Have completed a TCA (TCD) Instructor's workshop within the past 4 years
- Have 50 hours of TCA teaching experience
- Demonstrate the 12 TCA forms to the left and the right sides; or 19 TCD forms.
- Demonstrate a basic understanding of the six essential Tai Chi Principles
- Hold a valid first aid **or** CPR certificate from an accredited course or a similar qualification (RN, EMT, etc.)
- TCD Update requires an extra hour of training and form revision (4-5 pm)

Dr. Lam strongly recommends that you review your Tai Chi for Health DVD(s) before this Tai Chi workshop

TCA Recertification Workshop Details

DATE & TIME:
March 27, 2017
9 am – 4 pm
(Check-in starts at 8:30 am)

LOCATION:
YMCA Healthy Living Center
12493 University Ave.
Clive, IA 50325

MASTER TRAINER:
Jim Starshak, MS

WHAT TO WEAR:
Loose, comfortable clothing with flat shoes suitable for exercise.

WAIVERS:
Each participant will sign a Waiver & Release Form before taking part in this workshop.

COST OF TRAINING INCLUDES:

- Tai Chi for Arthritis Certificate
- Refreshments at morning and afternoon breaks

- Lunch on your own -

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TCA Recertification Workshop Registration

The registration deadline for this workshop is March 20, 2017.

Register online at:
<https://www.trainingresources.org/Events.aspx>

Or, you may call Training Resources at (515) 309-3315

Cost of TCA-FP re-certification is \$30.

Cost of Optional TCD re-certification is \$30.

If you wish to receive a CEU certificate, please bring \$15 (cash or check) to the workshop. The CEU Certificate will be emailed to you after the workshop.